

Full Report (All Nutrients) 45134414, BANQUET Chicken Nugget Meal, UNPREPARED, GTIN: 00031000109189

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Report Date: May 26, 2017 13:46 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (191g) 191g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	321	168
Protein	g	--	--	14.00	7.33
Carbohydrate, by difference	g	--	--	31.00	16.23
Sugars, total	g	--	--	3.00	1.57
Minerals					
Calcium, Ca	mg	--	--	59	31
Iron, Fe	mg	--	--	1.43	0.75
Potassium, K	mg	--	--	315	165
Sodium, Na	mg	--	--	630	330
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	5.9	3.1
Vitamin A, IU	IU	--	--	300	157
Lipids					
Fatty acids, total saturated	g	--	--	3.99	2.09
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	25	13

Amino Acids

Other

Ingredients
BREADED NUGGET SHAPED CHICKEN PATTIES (CHICKEN, WATER, BREADER [WHEAT FLOUR, SALT, DEXTROSE, SPICE, SOYBEAN OIL, YEAST, EXTRACTIVES OF PAPRIKA], BATTER [WATER, YELLOW CORN FLOUR, CORNSTARCH, DEXTROSE, SALT, SPICES, SUGAR, YEAST EXTRACT, MODIFIED FOOD STARCH, GARLIC POWDER, GUAR GUM, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE}], TEXTURED SOY FLOUR, SOY FLOUR, SOY PROTEIN ISOLATE, SALT, FLAVORING, SODIUM TRIPOLYPHOSPHATE, AUTOLYZED YEAST EXTRACT, DEXTROSE, FRIED IN VEGETABLE OIL WITH BHT), MACARONI AND CHEESE SAUCE (PASTA [WATER, DURUM SEMOLINA {ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, EGG WHITES], WATER, CONTAINS 2% OR LESS OF: CLUB CHEDDAR CHEESE [PASTEURIZED CULTURED MILK, SALT, ENZYMES, ANNATTO COLORING], SWEET WHEY, MODIFIED FOOD STARCH, WHEAT FLOUR, SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, CHEESE FLAVOR [DEHYDRATED BLEND OF WHEY, GRANULAR AND BLUE CHEESE {PASTEURIZED MILK, CULTURE, SALT, ENZYMES}], SUNFLOWER OIL, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID],

BUTTER, SALT, DISODIUM PHOSPHATE, ACETIC ACID ESTERS OF MONO- AND DIGLYCERIDES, MALTODEXTRIN, CITRIC ACID, BETA CAROTENE BLEND [CORN OIL, BETA CAROTENE]), CORN, WATER, SUGAR. CONTAINS: WHEAT, MILK, SOY, EGG. *Date Last Updated by Company:* 09/08/2016